

you, but will merely mention certain characteristic facts. The astigmatic person sees neither distant nor near objects distinctly, but he has the peculiarity of seeing lines running in one direction more clearly than others at right angles to them, and these lines are usually vertical and horizontal. He is apt to complain of all the symptoms of weak sight, probably in an exaggerated form, with an unusual amount of headache, and sometimes other nervous symptoms. Glasses accurately calculated, and made (as they must be) for the particular individual, render the sight acute, and are often of unspeakable comfort.

Old Sight cannot be considered, strictly speaking, as an optical defect, but it is merely one of the changes which come to us all with age. The lens of the eye becomes stiff and hard, less elastic than in our younger days, and consequently when the muscle of accommodation, which has also lost some of its vigor, slacks the sac holding it, it does not assume the convexity necessary for distinct vision of near objects. At the same time, distant vision remains as good as ever, because, as you remember, no adjustment is needed in the normal eye for distance. It usually makes its appearance between forty and fifty years of age. The first symptom is a disposition to hold the book or paper rather farther off or to seek a better light, especially at night. After a little the symptoms of weak sight come on, and for the same reason that they usually appear—viz. overstrain of the muscle, though this time it is not due to the shape of the ball, but the consistence of the lens. The remedy is found in convex glasses, which by shortening the focus assist the accommodation and relieve the strain. It is very important to put on glasses as soon as needed, to avoid this strain, not only as a matter of comfort, but because the overstraining of old eyes is thought to be one of the causes of a most serious and fatal disease of the eye.

RECAPITULATION.

In the preceding pages an attempt has been made to set forth, as simply and clearly as possible, certain facts of general interest and importance in regard to the eye, especially those bearing upon the exceedingly common and troublesome group of symptoms included under the general term "weak sight," and upon the nature and dangers of near-sight. The subject has been dwelt upon—to the point of tediousness, some will feel, I fear—because, while of very frequent occurrence, and when present very annoying, even to the extent of rendering the eyes practically useless, the nature of weak sight is not at all understood by most people, nor are they aware that it can in most cases be completely relieved by a very simple remedy. Neither